Appendix 1. Questionnaire to Measure Bidet Use*

<table>
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<th>Question</th>
<th>Options</th>
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| 1) Did you have easy access to a bidet toilet immediately before or during pregnancy? (Multiple choice) | 1  No  
2  Yes, at home  
3  Yes, at work  
4  Yes, at other places where I frequently used the bathroom  
5  I don't know, I don't remember |
| 2) Did you (regularly) use a bidet toilet immediately before or during pregnancy? | 1  Yes, I did  
2  No, I did not use it at all  
3  I don't know, I don't remember |
| 3) How long before giving birth did you first start using a bidet toilet? | 1  Less than one year  
2  Between one and three years  
3  Between three and five years  
4  More than 5 years |
| 4) Why did you initially start using a bidet toilet? (Multiple choice) | 1  Bidet toilets became accessible due to purchase or construction of a new house, moving, or installation into workplace toilet.  
2  Family and friends recommended it.  
3  To relieve constipation  
4  To alleviate symptoms of hemorrhoid  
5  To alleviate menstrual discomfort  
6  To alleviate other gynecological symptoms (itchiness, odor, discharge, etc)  
7  I thought it would be beneficial for the pregnancy  
8  I thought it is more sanitary and comfortable  
9  Other |
| 5) How frequently did you use the "rear cleansing" mode, when using a bidet toilet immediately before or during pregnancy? | 1  More than 3 times a day  
2  1 or 2 times a day  
3  Once every 2 to 3 days  
4  Once every 4 to 7 days |


The authors provided this information as a supplement to their article.
5 Less than 2 or 3 times a month
6 None
7 I don't know

6) On average, what was the duration per use of the "rear cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
1 More than 2 minutes
2 Between 1 and 2 minutes
3 Between 30 seconds and 1 minute
4 Between 15 and 30 seconds
5 Less than 15 seconds
6 I don't know

7) What was the water pressure setting for the "anal cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
1 Very strong
2 Strong
3 Medium
4 Weak
5 Very weak
6 I don't know, I didn't have a preferred setting

8) How frequently did you use the "frontal cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
1 More than 3 times a day
2 1 or 2 times a day
3 Once every 2 to 3 days
4 Once every 4 to 7 days
5 Less than 2 or 3 times a month
6 None
7 I don't know

9) On average, what was the duration per use of the "frontal cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
1 More than 2 minutes
2 Between 1 and 2 minutes
3 Between 30 seconds and 1 minute
4 Between 15 and 30 seconds
5 Less than 15 seconds


The authors provided this information as a supplement to their article.
6 I don't know

10) What was the water pressure setting for the "frontal cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
   1 Very strong
   2 Strong
   3 Medium
   4 Weak
   5 Very weak
   6 I don't know, I didn't have a preferred setting

*The questionnaire actually used in the survey was written in Japanese.